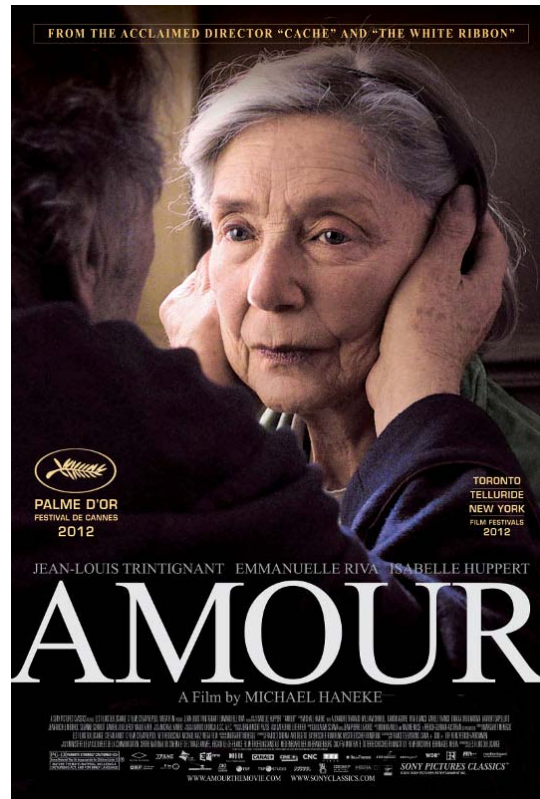


AMOUR
By Lorraine Viade, Psy.D.



Amour is a very difficult film to watch because it is an unflinching, unblinking look at what happens as we age and how bit by bit, little by little, who and what we are erodes over time. Time is the one thing that we have too little of and how we spend that time is everything.

This is a poignant love story between an aging couple, Georges and Anne, who obviously enjoyed a long and loving relationship until the very end. The acts of love and devotion demonstrated between the couple is excruciatingly painful to witness, and demonstrates the ultimate act of sacrifice when quality of life is lost and the ability to care for the person you love most in the world slips away from you.

Many of a certain age have thought about what we would do if we could no longer care for ourselves or if our faculties were to be compromised by illness or disease. Few of us, I imagine, have implemented a viable plan or included their children in that plan. We don't want to be a burden. If we are lucky, there will be someone around who loves us enough to be willing to care for our daily needs, and we depend on that someone to make the hard choices when we need them to be made. When love is true, no act seems wrong.

The faces of the lead actors, Jean-Louis Trintignant and Emmanuelle Riva are so expressive, and the looks between them are all the evidence we need that amour really does endure all things even when we cannot.

No matter how you feel about the choices made, you can understand why these people did what they did. The aftermath of it all is left unresolved as it usually is when our loved ones are lost, especially if we have watched them wither away one day at a time, day after day. The stages of grief and loss are hard to watch and even harder to go through.

If you have aging parents or have an elderly family member, this film, while so hard to watch, might illicit some meaning for you. This is not a film that one can enjoy as much as it is one that you can appreciate for its courage and honesty.

I give *Amour* five couches.

